





March Activities - Urbana Senior Center

301-600-7020 UrbanaSeniorCenter@FrederickCountyMD.gov www.FrederickCountyMD.gov/aging
9020 Amelung St., Frederick, MD 21704 (1st floor of the Urbana Library)

*You must pre-register and pay (if there is a fee) for all programs marked with an asterisk.
Programs may be canceled if enrollment is low. **Activities are subject to change.**

<i>Mondays 9:00-3:00</i>	<i>Tuesdays 9:00-8:00</i>	<i>Wednesdays 9:00-3:00</i>	<i>Thursdays 9:00-3:00</i>	<i>Fridays - Closed</i>
				1 Center is Closed
4 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games 1:30 *Tai Chi	5 11:00 Exercise to Video 1:00 Stitching Post 1:30 Rummikub 4:00 *Eat Healthy Be Active 5:30 *Pizza Night/Games	6 9:30 Drawing/Painting Club 11:00 Exercise to Video 1:00 Wii Bowling	7 11:00 Exercise to Video 1:00 Cards/Games No lunch No transportation	8 Center is Closed
11 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games 1:30 *Tai Chi	12 11:00 Exercise to Video 11:00 Spanish 1:00 Stitching Post 1:00 Blood Pressure 1:30 Rummikub 4:00 *Eat Healthy Be Active 5:30 *Pizza Night/Games	13 9:30 Drawing/Painting Club 10:00 Mobile I&A 11:00 Exercise to Video 12:30 Food Safety 1:00 Wii Bowling	14 9:30 Men's Discussion Group 11:00 Exercise to Video 1:00 Cards/Games	15 Center is Closed National Building Museum Trip
18 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games 1:30 *Tai Chi	19 11:00 Exercise to Video 1:00 Stitching Post 1:30 Rummikub 4:00 *Eat Healthy Be Active 5:30 *Pizza Night/Games	20 9:30 Drawing/Painting Club 11:00 Exercise to Video 11:30 Blood Pressure Noon *Omelet Bar 12:30 Ask Nurse Steve	21 11:00 Exercise to Video 1:00 Cards/Games	22 Center is Closed Discovery Station and Aviation Exhibit Trip
25 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games 1:30 *Tai Chi	26 11:00 Exercise to Video 11:00 Spanish 1:00 Stitching Post 1:00 Blood Pressure 1:30 Rummikub 4:00 *Eat Healthy Be Active 5:30 *Pizza Night/Games	27 9:30 Drawing/Painting Club 11:00 Exercise to Video 1:00 Wii Bowling	28 9:30 Men's Discussion Group 11:00 Exercise to Video 1:00 Cards/Games	29 Center is Closed 